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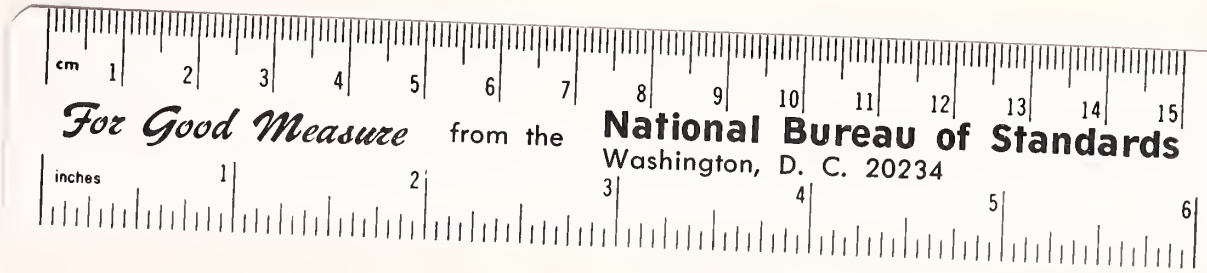

For Good Measure from the **National Bureau of Standards**
Washington, D. C. 20234

COMPARE METRIC AND CUSTOMARY UNITS

	Length	Volume	Weight
Metric	**Meter**	**Liter**	**Kilogram**
Customary	Inch	Teospoon	Grain
	Foot	Tablespoon	Ounce
	Yard	Cup	**Pound**
	Rod	Pint	Ton
	Mile	**Quart**	
		Gallon	

Metric Units are in 10's
1000 millimeters = 100 centimeters = 1 meter
1000 meters = 1 kilometer

1 meter ≅ 1.1 yards
1 liter ≅ 1.1 quarts
1 kilogram ≅ 2.2 pounds

(≅ approximate)

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